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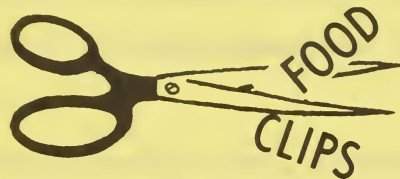
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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A rule of thumb: For each one cup measure of dry whole peas, cooked in $2\frac{1}{2}$ cups water—you will get $2\frac{1}{2}$ cups cooked dry whole peas or 5 half-cup servings. For each 1 cup measure of dry split peas cooked in 2 cups of water, you will get $2\frac{1}{2}$ cups cooked dry split peas; or 5 half-cup servings.

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Always store meat and poultry in the coldest part of the refrigerator according to USDA home economists. Also refrigerate or freeze leftovers immediately.

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How can you tell when your meat is well done? USDA suggests that you use a thermometer -- for roasts, place thermometer in the center of the thickest part. For turkey, insert thermometer in center of inner thigh.

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Relishes include piccalilli, pepper-onion, tomato-apple chutney, tomato-pear chutney, horseradish, and corn relish. Relishes accent the flavor of other foods; frequently are hot and spicy.

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IT'S LILAC TIME

---For Planting

Growing lilacs for your home garden can be a rewarding experience. They're versatile; you can plant them as border plants with smaller shrubs, as corner plantings, as windscreens, or as flowering hedges; they are good for display; and they're hardy, too.

Lilac flowers also can fit into your color scheme -- they come in all colors from white-white to your deepest pink. Or blue with all kinds of variations.

The best time to plant lilacs is in the fall after the leaves have dropped, but before the ground freezes. In most parts of the country-- the time is now. Lilacs planted in the fall usually have a better chance to survive, because new roots get a head start in spring before the shrubs leaf out. They require a minimum of care and seldom need supplemental water. Don't overprune.

Ideal soil for growing lilacs is a loam that is not too rich, and that is neutral and slightly alkaline. Remember that bonemeal is a good fertilizer for lilacs, and it contains the lime that can sweeten acid soil.

A NEW PLANT ACT

—For Better Food, Fiber and Flowers

The Plant Variety Protection Act, a new piece of legislation now being implemented by the U.S. Department of Agriculture, may play an important role in bringing us better food, fiber and flowers in the future. The law operates like a patent system: Those who breed, develop or discover novel varieties of plants (which reproduce through seeds) are provided with exclusive rights to reproduce and sell the seeds.

What kind of plants are we referring to? Soybeans, cotton, peas, garden beans, and many ornamentals. Any plants reproduced through seeds. In the past (prior to the new act) if a breeder developed a new variety he had nothing to protect his investment -- even though he might have spent thousands of dollars advertising the varieties. Other persons could produce seed of the same variety for sale and benefit from the original owner's advertising. This exploitation will not be possible under the new law.

USDA reports that there is more money being invested by private industry in seed breeding, since the industry now has more assurance of adequate returns on its investments. To the consumer -- this means more and better varieties will be on the market.

Plant varieties will now be stored in a computer -- reportedly the only one in the world -- to have descriptions of plant varieties. Breeders can progress at a faster pace in offering new varieties. It will mean that there will be varieties that are disease and insect resistant, reducing the amount of pesticides needed. Less pesticides mean less environmental hazards...new varieties may also be more productive and resistant to drought and last longer after harvest for shipping. New food plant varieties may be more tasty and appealing.

COST OF FOOD AT HOME FOR A WEEK (July)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$22.80	\$29.00	\$35.60
Elderly couple.....	18.60	24.30	29.10
Family of 4 with preschool children.....	32.80	41.90	51.00
Family of 4 with elementary school children.....	38.20	49.00	60.10
Individuals*			
Women			
20-34 years.....	9.60	12.30	14.80
35-54 years.....	9.20	11.90	14.30
55 years and over.....	7.80	10.20	12.10
Men			
20-34 years.....	11.10	14.10	17.60
35-54 years.....	10.30	13.20	16.00
55 years and over.....	9.10	11.90	14.40
Children			
1-2 years.....	5.50	7.00	8.40
3-5 years.....	6.60	8.50	10.20
6-8 years.....	8.10	10.40	13.00
9-11 years.....	9.40	12.20	14.70
Girls 12-19 years.....	10.20	13.20	15.80
Boys 12-19 years.....	11.80	15.40	18.40

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- For those eating all meals at home (or carrying some meals from home), use amounts shown.
- For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: See Food and Home Notes, June 11, 1973, for more information about food plans and their costs.

ALMOST ALL ABOUT FOOD PRICES -- slide set

A new slide set developed by the U.S. Department of Agriculture presents information about today's food prices and the reasons why food prices have increased over the past two years. The presentation is in layman's terms and explains factors in the economic system that caused the current rise. There is also a comparison of prices over the past twenty years—both here and abroad. How the government is increasing supplies to help the situation and how long it will take to do this is also explained.

"What's Happening to Food Prices" is the title of the new 153 frame color slide set which is available for \$35 from the Photography Division, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Order the filmstrip from the Photo Lab, Inc. 3825 Georgia Ave. N.W., Washington, D.C. 20011. Price includes narrative guide, cassette with sound track for automatic or manual slide changing, and copies of a companion publication giving more detail.

Some of the slide frames point out that ... the price of the food we eat at home has gone up about 40% over the last 20 years...all consumer goods rose by 58% over the same time...housing was up 64%...medical care, 123%...transportation 55% up.

But, what most people ask---will there be more beef available? There is more beef on the way—There were more than 6% more beef cows and beef heifers in breeding herds at the beginning of 1973, compared to a year ago. More calves make more beef. But—it does take time.

COMMENTS AND INQUIRIES TO:

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